

# GX GROUP EXERCISE



## Schedule October 2024 rev 10/18

SAW MILL CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15–8:00AM <b>DYNAMIC STRENGTH</b> Alena GX Studio		7:15–8:00AM <b>PEAK PERFORMANCE RIDE</b> Yair CYCLE STUDIO		7:30–8:15AM <b>PEAK PERFORMANCE RIDE</b> Yair CYCLE STUDIO
8:15–9:00AM <b>ROCK N RIDE</b> Alena CYCLE STUDIO	8:30–9:15AM <b>SMART FUSION</b> Bente GX Studio	8:00–8:45AM <b>DYNAMIC STRENGTH</b> Alena GX Studio	8:30–9:15AM <b>VIDEO RHYTHM RIDE</b> Jenny CYCLE STUDIO	
8:30–9:30AM <b>BARRE</b> Jenny Barre Studio	9:30–10:15AM <b>PURE STRENGTH</b> Spencer GX Studio	8:30–9:30AM <b>BARRE</b> Alanna Barre Studio	9:30–10:30AM <b>COBA CRUSH</b> Bente GX Studio	8:30–9:30AM <b>BARRE</b> Heather Barre Studio
8:45–9:30AM <b>TRX Core n More</b> Kathleen GX Studio	9:30–10:15AM <b>PARTY CYCLE</b> Bente CYCLE STUDIO	8:50–9:30AM <b>TRX Strength &amp; Stretch</b> Kathleen GX Studio	9:30–10:30AM <b>BARRE</b> Jenny Barre Studio	9:15–10:15AM <b>HIIT Trampoline</b> Kathleen GX Studio
9:30–10:30AM <b>HIIT CIRCUITS</b> JB GX Studio	9:30–10:30AM <b>BARRE</b> Alanna Barre Studio	9:30–10:15AM <b>HIIT Trampoline</b> Kathleen GX Studio	10:30–11:30AM <b>ZUMBA</b> Bernadette GX Studio	9:30–10:30AM <b>PILATES MIX</b> Heather Barre Studio
9:30–10:30AM <b>Pilates Mix</b> Heather Barre Studio	10:30–11:30AM <b>ZUMBA</b> Shahidah GX Studio	9:30–10:30AM <b>Ballet BARRE</b> Heather Barre Studio		10:30–11:15AM <b>PURE STRENGTH</b> JB GX Studio
9:30–10:15AM <b>VIDEO CYCLE</b> Kathleen CYCLE STUDIO		9:30–10:15AM <b>ROCK n RIDE</b> Jenny CYCLE STUDIO	12:00–1:00PM <b>CHAIR YOGA</b> Mekea GX Studio	
10:30–11:15AM <b>ZUMBA</b> Genoeffa GX Studio	12:00–1:00PM <b>FOREVER Balanced</b> Elena Barre Studio	12:00–1:00PM <b>FOREVER ACTIVE</b> Bente GX Studio	12:30–1:30PM <b>STRENGTH &amp; GRACE</b> Jen, JB, Lyn Barre Studio	12:00–1:00PM <b>FOREVER DANCE</b> Bea GX Studio
12:00–1:00PM <b>FOREVER ACTIVE</b> Bente GX Studio	1:15–2:15PM <b>CHAIR YOGA</b> Mekea GX Studio	12:30–1:15PM <b>ROCK n RIDE</b> Anna Cycle Studio	5:30–6:15PM <b>HIIT CORE 'N' MORE</b> JB GXStudio	
		4:00–4:45PM <b>Youth MMA</b> Janna GXStudio	5:30–6:30PM <b>BARRE</b> Robyn Barre Studio	5:30–6:15PM <b>PARTY CYCLE</b> Bente CYCLE STUDIO
12:30–1:15PM <b>Fit n' Fabulous</b> Lyn Barre Studio	5:30–6:15PM <b>Total Body Blast</b> Lyn GX STUDIO	4:30–5:30PM <b>BARRE</b> Abbi Barre Studio	6:00–6:45PM <b>CYCLE BLAST</b> Bobby CYCLE STUDIO	
5:00–6:00PM <b>BARRE</b> Abbi Barre Studio	6:00–6:45PM <b>CYCLE BLAST</b> Laurie CYCLE STUDIO	5:30–6:15PM <b>Cardio Kickboxing</b> Janna Barre Studio	SATURDAY	
5:30–6:15PM <b>Monday Mania 45</b> Bea GX Studio	6:00–7:00PM <b>BARRE</b> Robyn Barre Studio	7:00–8:00PM <b>MILITARY BOOT CAMP</b> Janna GX Studio	SUNDAY	
			7:30–8:15AM <b>VIDEO CYCLE</b> Bob CYCLE STUDIO	
			8:30–9:30AM <b>BARRE</b> Alanna BARRE STUDIO	
			9:00–9:45AM <b>INTERVALS MADE FUN!</b> Bente GX Studio	
			9:45–10:15AM <b>Core Fusion</b> Bente GX Studio	9:30–10:15AM <b>STEP into POWER</b> Alena GX Studio
			9:30–10:15AM <b>VIDEO CYCLE</b> Kathleen CYCLE STUDIO	9:30–10:15AM <b>CYCLE BLAST</b> Laurie CYCLE STUDIO
			9:30–10:30AM <b>BARRE</b> Alanna BARRE STUDIO	10:00–10:45AM <b>Cardio Kickboxing</b> Janna BARRE STUDIO
			10:30–11:30AM <b>ZUMBA</b> Shahidah GX Studio	10:30–11:30AM <b>ZUMBA</b> Jennifer GX Studio
			10:30–11:30AM <b>FOREVER FIERCE</b> Rotating Instructors BARRE STUDIO	11:30PM–12:15PM <b>MILITARY BOOT CAMP</b> Janna GX STUDIO

Registration for Classes Available on SMC Genesis Member Portal 6 Days Prior to class

This schedule is subject to change, please refer to Genesis Member Portal for the most up-to-date schedule.

	New Class
	New Instructor
	New Time
	Class has a fee



**Cardio Kickboxing-** energetic fitness class where you can learn proper boxing and kicking form in a fun and safe environment. led by Transformational karate instructor and combat veteran Janna

**COBA Crush:** This counter balance board will target your gluts like nothing else. But that is not all . You will add weights, bands and interval challenges to absolutely CRUSH your workout. Be prepared to work hard and make substantial fitness gains

**Core Fusion:** Your Core has never felt so loved :) Not your boring floor crunches...this class will activate your abdominals from all sides using a variety of movements.

**Core Strength n Balance:** A low impact stability challenging workout to strengthen core muscles and build overall strength

**Dynamic Strength:** Full Body strength training for EVERY-body. No matter your fitness level this class is for you. You choose your weights and you choose your intensity. You will always feel comfortable, successful, and FIT!

**Fit n' Fabulous** Burn calories and firm up your body with this lunchtime strength class to keep those jiggles away :) All levels welcome as variations will be given

**Forever Active:** Stay fit. Stay Strong. 1 Hour class includes a warm up, movement to music, strength and balance exercises and flexibility stretches to cool down. Achieve your exercise goals at a pace that works for you! Stay for

coffee or a bite to eat with friends afterwards. We are a community and welcome all that want to play!

**Forever Balanced:** Balance and functional movement training using the Barre, a chair, light weights and resistance bands. You will move better, improve your balance, mobility and strength. Appropriate for all levels

**Forever Dance:** Let's Dance! Awaken your best memories with this old school dance class with all your favorite music. This is geared for those who prefer a slower softer dance workout class.

**Forever Fierce:** Strength and Balance based class that will leave you feeling fabulous and fierce! A more rigorous class for the not quite Seniors and a gentler muscle building class then the primetime morning classes

**HIIT Trampoline :** Cardio and strength Interval class done on and off the mini Trampoline. Great soft impact cardio work on the trampoline which is welcoming to achy knees and backs

**HIIT Core n' More** 45 minutes of High Intensity Interval Training. A combo of Strength, Plyometrics and Core designed to get your heart rate up for short bursts of time. Appropriate for all levels as all moves can be modified to fit your personal goals Find fun in your workout!

**Military Boot Camp:** Boot Camp combines the best of cardiovascular and strength training. Expect to challenge your mind and body as you alternate between high and low intensity . Military style. Leader earns their stripe each time No Excuses! No Kidding! Arrive on time.

**Monday Mania:** 45 Minutes of strength, core and power that won't disappoint. Fun and always

something new :) Appropriate for all levels.

**Pilates Mix:** This class is a mix of Pilates and Barre workouts. Including strength and core work using light weights, ballet barre, Bender ball, Pilates Ring and resistance bands. You will work all muscle groups as well as enjoy deep stretching.

**Pure Strength:** Focuses on building muscle using a variety of equipment. 100% strength, no cardio. Abs included. Sculpt – This low impact class skips the cardio and focuses on toning the muscles with higher reps and lower weight.

**Smart Fusion:** 3lb and 6lb weights Uniquely shaped to carve through space in flowing, rotational movements. Two-handed grip allows a high level of control while conforming to your body

**Step Into Power:** Fun traditional step class with strength intervals and dynamic core movements

**TRX Core n' More :** We are on the floor in the prone and supine positions for the most effective core and glutes work you've ever experienced!

**TRX Strength n' Stretch:** 30 Minute class using the TRX, a form of suspension training that uses body weight exercises. The TRX leverages gravity to complete the exercises Opening up the front body on the TRX is like taking a breath of fresh air.

**Total Body Blast:** Full body workout that uses cardio to increase your heart rate and resistance training to sculpt the arms, booty and core. Format designed to make your body work more efficiently and have you leave class feeling great! Who says working out can't be fun!!

**Zumba:** Dance Fitness Party!!



**Barre Training:** Lotte Berk inspired toning class that combines strength training, core conditioning and stretching to produce long lean muscles and a perfectly toned body. It is a non-impact, intense workout taught to energetic, motivating music. Using a ballet

barre, light weights and floor mats, you will work every muscle group in this one hour body changing fitness experience.

**Ballet Barre:** Beginner Ballet conditioning work at the Barre Learn the body positions, core ballet exercises and proper body alignment Ballet slippers, dance sneakers or socks recommended All levels invited to find your inner ballerina

**Sculpt n' Barre:** Body sculpting movements on and off the Barre using traditional and non traditional Barre Training exercises



## GROUP CYCLE

**Cycle Blast** - An explosive indoor cycling class that promises a high-energy and fun workout experience. Designed to keep you on your toes, this class combines intense intervals with electrifying music to ensure every ride is a blast.

**Party Cycle:** A fun and exhilarating interval cycling class. Great music. Great Energy. Great Friends! Every time is Party Time! All levels welcome

**Peak Performance Ride.** set a new peak performance for power, heart rate, and pace by distance for the current year . Feel the excitement rise as you pedal your way to new heights

**Rock n' Ride:** A fun music driven cycling class. 45 minutes of rhythmic intervals, hills and

flats designed to tap into your love of working out to music. All levels welcome

**Video Cycle:** Small group indoor cycling class with a BIG payoff! We use the Technogym on screen feedback to run intervals, individual challenges and team training all while enjoying music videos on the big screen. Feel free to work hard...or just sit back and enjoy the ride.

**Sign up required as seating is limited**